



CHOICES for Mom and Baby

Partially Breastfeeding

The WIC foods help support your healthy lifestyle and your breastfeeding baby's healthy development. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables, cheese and whole grains. At six months of age your baby can receive infant food, fruits, vegetables and cereal.

Your WIC Foods

- Are low in fat and high in fiber
- Provide appropriate nutrients for your baby's growth
- Promote steady weight loss and help you maintain a healthy weight after delivery



What You Will Receive

FOR MOM

GRAINS

- 36 ounces of iron-fortified cereal
- 1 pound whole grain bread

VEGETABLES and FRUITS

- Three 12-ounce cans of frozen Vitamin C-rich juice
- \$8 cash value voucher for fresh vegetables and fruits

DAIRY

- 5 ½ gallons of non-fat (skim), low-fat (1%) or reduced fat (2%) milk
- Allowable substitutions of cheese or soy milk

PROTEIN

- 1 dozen eggs
- Choice of two: 1 pound dried beans or peas OR four 16-ounce cans of beans OR one 18-ounce peanut butter

FOR BABY

- Your breastmilk!
- Infant formula

AT SIX MONTHS OF AGE:

- Iron-fortified infant cereal
- Baby food vegetables and fruits



This institution is an equal opportunity provider.

**Eat WIC foods to keep you strong
while you love and take care of your growing baby!**